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U R B A N D I S T R I C T C O U N C I L

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N E W Q U A Y , C A R D I G A N S H I R E

P U B L I C H E A L T H D E P A R T M E N T

A N N U A L R E P O R T 1 9 7 0

M E D I C A L O F F I C E R O F H E A L T H :

W. J. St. E.-G. Rhys, M.A., M.B., B.S., B.Sc., M.R.C.O.G., D.P.H.

P U B L I C H E A L T H I N S P E C T O R :

Mansel Hughes, M.R.S.H., M.A.P.H.I.

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NEW QUAY URBAN DISTRICT COUNCIL

Chairman 1969/70

Chairman 1970/71

Councillor Walter Edwards

Councillor Ivor Pursey

The Council consists of nine members including the Chairman.
All matters concerning the Public Health are considered by
the whole Council.

Clerk of the Council: H. T. Clarke, Esq., M.R.A.C.,
Council Offices,
NEW QUAY,
Cardiganshire.

Telephone: New Quay 275

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To the Chairman and Members of
New Quay Urban District Council

PREFACE

I have pleasure in presenting the Annual Report of the Public Health Department for the year 1970.

The number of live births registered during the year was eight, representing a decrease of three from the figure for the previous year. There were no registered stillbirths and no infant died before the first birthday. No woman died as a result of pregnancy, childbirth or abortion.

The number of registered deaths was seventeen, an increase of two over the figure for 1969. Twelve people died of heart disease, one of cancer and three of 'stroke'.

There were no unusual outbreaks of infectious disease during 1970. No new case of tuberculosis was notified during the year, and no person died of the disease.

In my Annual Report last year, I referred to the risks of tobacco smoking. This year we are aware of the increasing practice among young people of another sort of smoking - the smoking of cannabis. This is part of a very disturbing development - the increase in Drug Abuse in general. Illicit drug taking on a large scale is a relatively new phenomenon in this country, and until the last decade it was confined to the London area; the drug-takers could then be numbered in scores, and most of them were unfortunate patients who had suffered from diseases which had necessitated the prescription of these drugs.

Then the situation changed. People began to take other kinds of drugs - some of these drugs had only recently been synthesized - and a new class of young



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person was introduced to the pernicious habit. The number of young addicts to the hard drugs (heroin, morphia and cocaine) escalated at an alarming rate, and new legislation was introduced to control the drugs and to deal with the offenders. Special treatment centres were established in 1968 to treat registered addicts, and the prescribing of these hard drugs was restricted to certain doctors only.

It has become apparent, however, that as soon as one drug is controlled, another takes its place. The taking of amphetamines ("pep pills") by mouth was followed by the injection of amphetamines into the vein; the taking of barbiturates by mouth is even now being followed by their injection, and the results are horrifying and the damage permanent. Cannabis smoking is becoming a not uncommon habit, and Lysergic acid diethylamide (LSD) is now widely available. Indeed LSD is easily administered to anybody without his knowledge, because it is colourless, odourless and tasteless and it is potent in minute dosage - one ounce will yield 300,000 adult doses. Apart from the possible immediate disastrous effects, the taking of only one dose of LSD may cause recurring mental illness, requiring admission to a mental hospital.

We must be on our guard at this time of accelerating social change to protect our adolescent population against these hazards. We must be aware of the risks of drug-taking, and of the fact that there is a hierarchy of danger, which is by no means static, due to new uses of known drugs, and the appearance of new drugs upon the illicit market. These new drugs may have to be controlled from time to time, for as the Expert Committee on Drug Dependence of the World Health Organization states "It must be emphasized that risk to public health is the prime determining factor in deciding for or against control of a particular type of drug".

Society must not tolerate those who introduce adolescents into this so called "drug scene" and the penalties for "drug pushers" and "drug peddlars" must be severe. Drug taking is largely a communal habit, and the scene of most of the despicable drug trade is the coffee bar, public house, dance hall, discotheque and club. One club manager was alleged to have told the police "a beat club without drugs is like a pub without beer - it just does not happen".

Let us be intelligently aware of this problem which exists here and now, so that we can attempt to prevent its escalation in our own district.

A detailed account of the work of the Public Health Department, including a section prepared by the Public Health Inspector, will be found in the following pages.

At Gadeirydd ac Aelodau Cyngor Dosbarth
Trefol Cei Newydd

RHAGAIR

Pleser imi yw cyflwyno Adroddiad yr Adran Iechyd Cyhoeddus am y flwyddyn 1970.

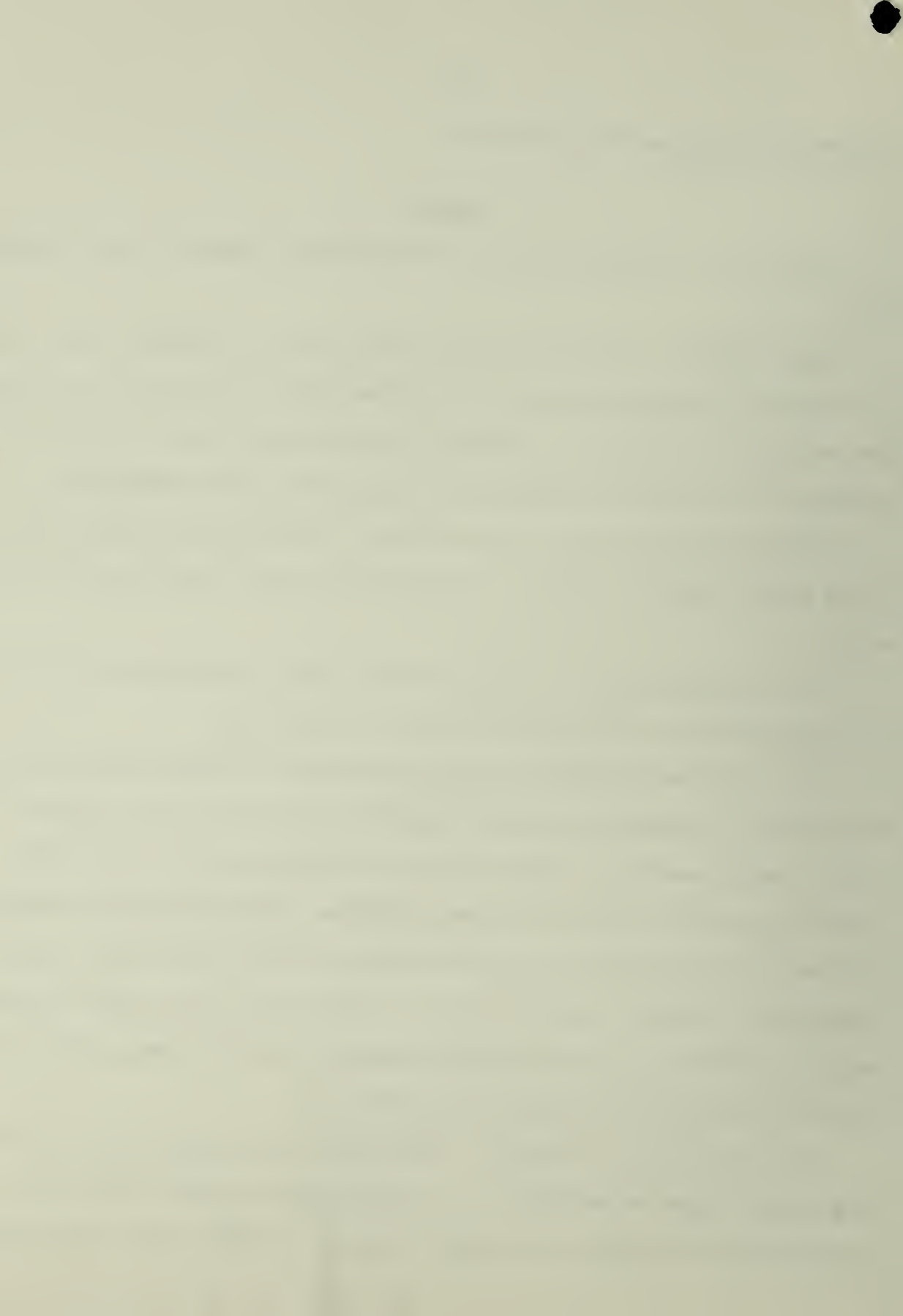
Cofrestrwyd wyth o fabanod a amwyd yn fyw yn ystod y flwyddyn, tri yn llai na'r nifer am y flwyddyn flaenorol. Ni chofrestrwyd un marw-anedig, na marwolaeth un baban cyn cyrraedd un mlynedd oed. Ni bu farw un fenyw am ei bod yn feichiog, ac ni chafwyd un marwolaeth ar enedigaeth na thrwy erthyliad.

Cofrestrwyd un-deg-saith o farwolaethau; dau yn fwy na'r nifer am 1969. Cyfrif clefyd y galon am ddouddeg o'r marwolaethau hyn, y cancr am un a'r strôc am dri.

Ni bu clefydau heintus anarferol yn ystod 1970. Ni chafwyd un achos newydd o'r darfodedigaeth ac ni bu farw un person o'r clefyd hwn.

Yn fy Adroddiad Blyneddol y llynedd, cyfeiriais at beryglon ysnygu tybaco.. Eleni 'rydyn yn ymwybodol o'r arfer cynnyddol ymhlith pobl ifanc o ysnygu o fath arall - ysnygu cannabis. Y mae hyn yn rhan o ddatblygiad sy'n peri pryder - y cynnydd cyffredinol mewn canddefnyddio cyffuriau. Ffenomen gymharol newydd yn y wlad hon yw cynryd cyffuriau yn anghyfreithlon ar raddfa eang, tan y deng mlynedd diwethaf fe'i cyfyngid i gylch Llundain; gellid cyfrif y rhai oedd yn cynryd y cyffuriau hyn mewn ugeiniau a'r mwyafrif ohonynt yn bobl anffodus a fu'n dioddef oddi wrth glefydau oedd yn gallw am y cyffuriau hyn.

Yna daeth newid yn y sefyllfa. Dechreuwyd cynryd mathau eraill o gyffuriau - rhai ohonynt newydd eu cynhyrchu - fe gafodd dosbarth newydd o bobl ifanc ei gyflwyno i'r arfer peryglus. Bu cynnydd aruthrcl yn nifer yr ifanc sy'n gaeth i'r



cyffuriau caled (heroin, morphia a cocaine) a chnâd deddfwriaeth newydd i reoli'r cyffuriau ac i ddelio a'r troseddwyd. Yn 1968 sefydlwyd canolfannau arbennig i roi triniaeth i'r addicts cofrestredig a dim ond rhai doctoriaid sydd a'r hawl i rhagnodi'r cyffuriau caled hyn i addicts.

Daeth yn anllwg, pan geir trefn ar un cyffur daw un arall i gymryd ei le. Dilynnwyd yr arfer o gymryd amphetamines ("pep pills") drwy'r ceg gan yr arfer o chwystrellu amphetamines i'r wythien, a mae'r un peth yn digwydd yn awr gyda'r barbiturates.

Y mae'r canlyniadau'n erchyll a'r niwed yn barhaol. Nid angyffredin yw'r arfer o ysnygu cannabis ac y mae Lysergic acid diethylamide (LSD) o fewn cyrraedd dros gylch eang. Gellir cymryd LSD yn ddjarwybod am ei fod yn ddi-liw, yn ddi-arogl ac heb flas. Y mae dôt fechan iawn yn effeithiol dros ben - un owns yn ddigon i roi dôt i 300,000 o oedolion. Ar wahan i'r effeithiau difrifol a all ddigwydd ar unwaith, gall un dôt o LSD achosi afiechyd meddwl sy'n ad-ddigwydd ac yn galw am driniaeth newn ysbyty'r meddwl.

Rhaid i ni gymryd gofal ar adeg o newid cyndeithasol cynnyddol i anddiffyn ein poblogaeth adolescent yn erbyn y peryglon hyn. Y mae'n rhaid i ni sylweddoli fod y "drug scene" yn newid yn gyflym o fis i fis, am fod defnydd newydd yn cael ei wneud o gyffuriau cyfarwydd, a chyffuriau newydd yn ymddangos ar y farchnad anghyfreithlon o hyd. Dywed y Pwyllgor Arbenigol ar Gyffuriau sy'n gweithredu dan nawdd Cyfundrefn Iechyd y Byd "Rhaid pwysleisio mai'r perygl i iechyd y cyhoedd yw'r ffactor amlycaf wrth benderfynnu o blaid neu yn erbyn rheoli math arbennig o gyffur".

Rhaid i gyndeithas droi yn erbyn y rhai sy'n hudo pobl ifanc i afael y dem-tasiwn a rhaid i gosp y "pedlars" newn cyffuriau fod yn un drom. Arfer gyndeith-

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asol yw cynryd cyffuriau. Gan anlaf, newn bar coffi, ty tafarn, neuadd ddawnsio, discotec a chlwb y ceir y fasnach lygredig. Dywedir i un rheolwr clwb ddatgan i'r heddlu "y mae "beat club" heb gyffuriau fel tafarn heb gwrw".

Byddwn yn effro i'r broblem sy'n bodoli yma yn awr fel y gallwn geisio arbed ei datblygiad yn ein cyndogaeth ni.

Ceir hanes manwl am waith yr Adran Iechyd Cyhoeddus, yn cynnwys adran a baratowyd gan yr Archwiliwr Iechyd Cyhoeddus, yn y tudalennau sy'n dilyn.

VITAL STATISTICS

	<u>1968</u>	<u>1969</u>	<u>1970</u>
1. <u>LIVEBIRTHS</u>			
Total	4	11	8
Leg: ..	3	11	8
Illeg: ..	1	0	0
Rate per 1,000 population (crude)	4.5	12.6	9.2
Rate per 1,000 population (adjusted)	7.16	20.0	14.6
Rate per 1,000 population England and Wales ..	16.9	16.3	16.0
Illegitimate live births per cent of total live births	25	0	0
2. <u>STILLBIRTHS</u>			
Total	1	0	0
Leg: ..	1	0	0
Illeg: ..	0	0	0
Rate per 1,000 live and stillbirths	200	0	0
Rate per 1,000 live and stillbirths England and Wales	14.0	13	13
3. <u>TOTAL LIVE AND STILLBIRTHS</u>			
	5	11	8
4. <u>PERI-NATAL DEATHS</u> (Stillbirths plus early neo-natal deaths)			
Total	1	0	0
Leg: ..	1	0	0
Illeg: ..	0	0	0
Rate per 1,000 total live and stillbirths	200	0	0
5. <u>EARLY NEO-NATAL DEATHS</u> (deaths under one week)			
Total	0	0	0
Leg: ..	0	0	0
Illeg: ..	0	0	0
Rate per 1,000 total live births	0	0	0
6. <u>NEO-NATAL DEATHS</u> (deaths under four weeks)			
Total	0	0	0
Leg: ..	0	0	0
Illeg: ..	0	0	0
Rate per 1,000 total live births	0	0	0

1968 1969 1970

7. INFANT DEATHS (total deaths under one year)

Total	0	0	0
Leg: ..	0	0	0
Illeg: ..	0	0	0
Rate per 1,000 total live births	0	0	0
Legitimate infant deaths per 1,000 legitimate live births	0	0	0
Illegitimate infant deaths per 1,000 illegitimate live births	0	0	0

8. MATERNAL DEATHS (including abortion)

Number of deaths	0	0	0
Rate per 1,000 total live and stillbirths	0	0	0

DEATHS

Total	12	15	17
Rate per 1,000 population (crude)	13.6	17.2	19.5
Rate per 1,000 population (adjusted)	7.3	8.9	11.1
Rate per 1,000 population England and Wales ..	11.9	11.9	11.7

Area comparability factor for births	1.59	1.59	1.59
Area comparability factor for deaths	0.54	0.52	0.57

POPULATION STATISTICS

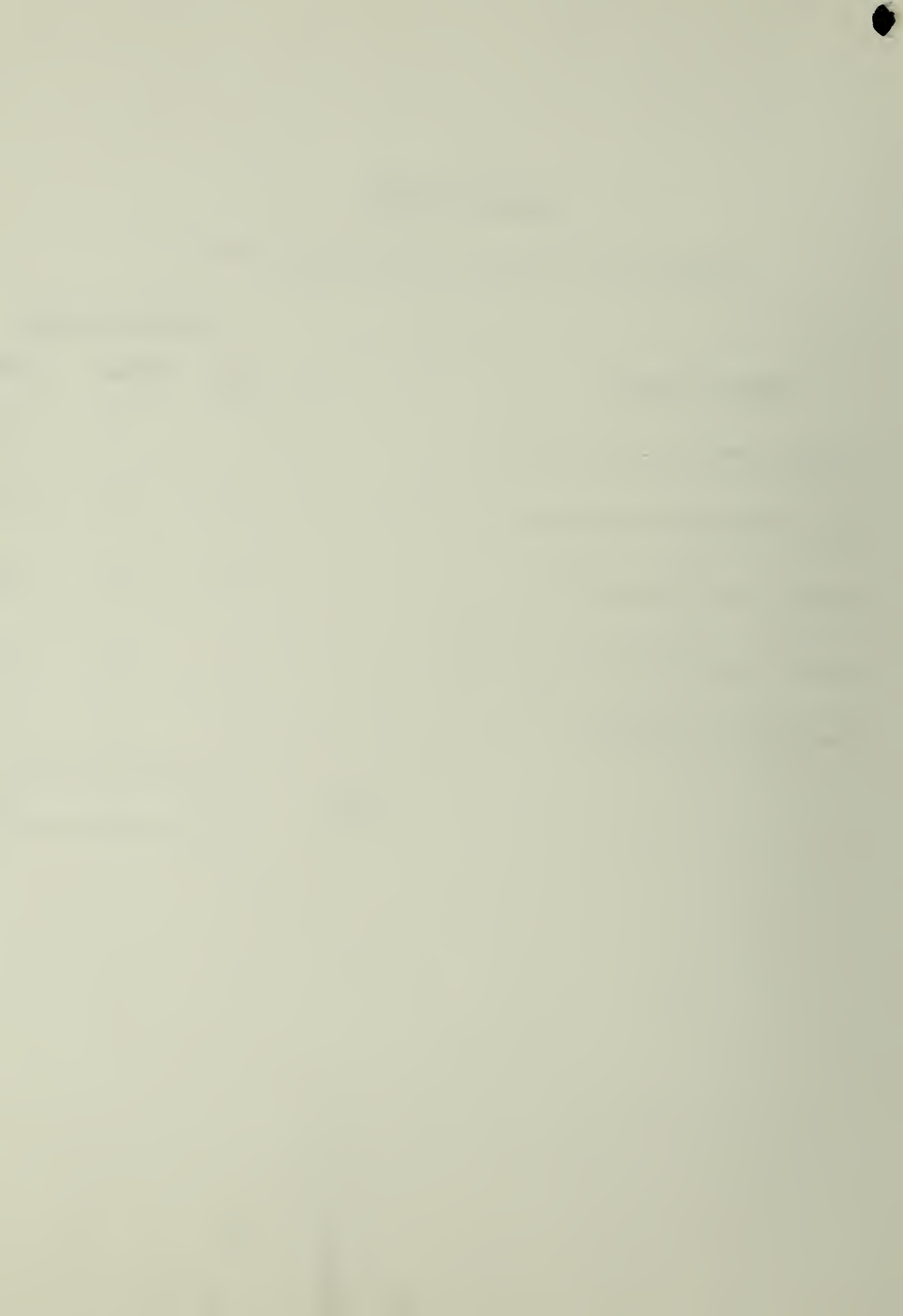
Area (in acres)	281
Population (census 1961)	954
Population (Registrar General's Estimated Mid-Year Population 1970)	870



CAUSES OF DEATH

(Headings with no deaths allocated are omitted)

<u>Causes of Death</u>	<u>Number of Deaths</u>		
	<u>Male</u>	<u>Female</u>	<u>Total</u>
Malignant Neoplasn, Buccal Cavity	-	1	1
Chronic Rheumatic Heart Disease	-	1	1
Ischaemic Heart Disease	7	4	11
Cerebrovascular Disease	-	3	3
Hyperplasia of Prostate	1	-	1
TOTAL	8	9	17



INFECTIOUS DISEASES

The following is a list of the notifications of infectious disease, other than tuberculosis, received during the year:-

Acute Encephalitis	Nil
Acute Meningitis	Nil
Acute Poliomyelitis	Nil
Diphtheria	Nil
Dysentery	Nil
Food Poisoning	Nil
Infective Jaundice	Nil
Leptospirosis	Nil
Malaria	Nil
Measles	4
Ophthalmia Neonatorum	Nil
Paratyphoid Fever	Nil
Scarlet Fever	Nil
Tetanus.. .. .	Nil
Typhoid Fever	Nil
Whooping Cough	Nil

TUBERCULOSIS

The following table shows the sex and age distribution of the new cases notified during the year:-

AGE GROUP	RESPIRATORY		NON-RESPIRATORY	
	Male	Female	Male	Female
5 - 14	-	-	-	-
15 - 24	-	-	-	-
25 - 44	-	-	-	-
45 - 64	-	-	-	-
65+	-	-	-	-
TOTAL	-	-	-	-

SECTION 47 OF THE NATIONAL ASSISTANCE ACT 1948

No action was required to be taken under this section during the year.

GENERAL PROVISION OF PREVENTIVE PERSONAL HEALTH SERVICES IN THE AREA

These remain essentially the same as in previous years, and are under the control of the County Council.

W. J. St. E.-G. RHYS
MEDICAL OFFICER OF HEALTH



ANNUAL REPORT OF THE PUBLIC HEALTH INSPECTOR
FOR THE YEAR 1970

I have pleasure in submitting my report for the year ending on 31 December 1970.

WATER SUPPLY

The Cardiganshire Water Board is responsible for the water supply for the District. Improvements undertaken during this year have greatly assisted in maintaining a sufficient supply during the peak holiday periods.

There are no public swimming baths in the district.

DRAINAGE AND SEWERAGE

The system continues to function reasonably well despite abnormally high loading during the holiday periods. The firm of Consultants employed by the Council have reported that, apart from a large ingress of surface water, the system of sewers as designed gives no great rise for concern, but that the system of disposal to sea by the present outfall is totally inadequate. The Council is now considering the possibility of a joint system of disposal with the Aberaeron Rural District Council.

Closet Accommodation

Number of closets connected to the sewerage system	446
Number of closets connected to cesspools and septic tanks	24
Number of pail closets within the range of sewers not connected	Nil
Number of pail and earth closets	2

PUBLIC CLEANSING

Refuse is collected by the Council employees and this service covers the whole area of the Urban District.

Refuse disposal takes place at Aberaeron Rural District Council's refuse tip at Rhydeinion, which is four to five miles from New Quay. The covering and control of the tip is carried out by the Rural District Council.

The collection of refuse during the holiday period presents the Council with their most time-consuming problem. The twice-weekly collection involves the whole of the labour force for the greater part of the week.

By far the greatest volume of refuse consists of waste paper and cardboard boxes and these items rapidly fill the collection vehicle, which then has to travel to the tip some four miles away.



The occupiers of the business premises have again been asked to co-operate and flatten all boxes to prevent voids, and this is having the desired effect.

Litter

Much is being done to try to make the public "Litter Conscious" and the provision of ample and more attractive litter bins has helped towards this end.

Despite the publicity given to this problem on television and in the national press, members of the public continue to leave the beaches and quayside in a filthy condition, and this gives any resort a bad name - it is ironical that it is the very people who come to enjoy our clean beaches, are the ones who complain when they arrive on the beach next morning and find it littered with their own rubbish.

HOUSING INSPECTIONS

Number of houses inspected:

Under the Public Health Act 1936	12
Under the Housing for Improvements	19
Number of houses inspected after infectious diseases	Nil

Notices Served - Public Health Act:

Number of informal notices served	8
Number of informal notices complied with	8
Number of statutory notices served	Nil
Number of statutory notices complied with	Nil

Housing repairs and rents Act 1954 and Housing Act 1957:

1. Unfit houses closed or declared unfit	Nil
2. Houses in which defects were remedied after informal action	Nil

HOUSING ACT 1949, HOUSING REPAIRS AND RENTS ACT 1954

Improvement Grants - Discretionary

<u>Number of applications</u> <u>approved</u>	<u>Approved Expenditure</u>
3	£3,295

Approved Grants

£1,647

<u>Number of payments made</u>	<u>Amount paid</u>
1	£350

HOUSING PURCHASE AND HOUSING ACT 1959

Improvement Grants - Standard

Applications received

2

Approved Grants

£325

Number of payments made

Nil

Total payments

Nil

RENTS ACT 1957

- (i) Number of applications for certificates of disrepair Nil
- (ii) Number of decisions not to issue certificates Nil
- (iii) Number of decisions to issue certificates Nil
- (iv) Number of certificates of disrepair issued Nil
- (v) Number of applications by landlords for cancellation of certificate Nil

PREVENTION OF DAMAGE BY PESTS ACT

All types of premises were visited and where necessary advice was given and poison baiting was carried out. All infestations were treated by the Council's Rodent Operator. Eighteen treatments were carried out during the year in private dwellings. The refuse tip at Gilfachrheda, although not now used, is continually kept under observation and baits laid when necessary. All were minor infestations.

THE CARAVAN SITES AND CONTROL OF DEVELOPMENT ACT 1960

Number of licensed caravan sites 5
Number of inspections of caravan sites 35

The five sites, with their maximum number of caravans are:-

- 1. Raymond Caravan Park 250 caravans
- 2. Traeth Gwyn Caravan Park 116 caravans
- 3. Neuadd Caravan Park 85 caravans
- 4. Rectory Field Caravan Park 20 caravans
- 5. Mindraeth Caravan Park 2 caravans

Total 473 caravans

The caravan sites are fairly well maintained. Two of the sites are self-contained in that shops and licensed clubs are available to the caravan-dwellers on the site concerned.

The amount of caravan and chalet development which has taken place around New Quay has greatly increased the summer population and at peak season the little resort and its essential services seem almost unable to take any more.

Complaints received were dealt with promptly.

BURIAL AND CREMATION OF THE DEAD

National Assistance Act 1948 (Section 50)

Number of persons buried by the Authority Nil

Municipal Cemetery

Number of persons buried within the district 9
Number of persons buried from outside the district .. 2

The cemetery is under the care of Mr. Dan Lewis who supplied the above information.

A number of further improvements will be carried out at the Council's cemetery in the near future.

COUNCIL HOUSES

Number of Council Houses in the district 28
Number of Council Old People's Bungalows 6

These are all situated on an estate at "Cylch-y-Llan" and on the whole are excellently maintained.

Flats 2

MILK SUPPLY

Number of retailers within the district 2
Number of dairies Nil

Milk Supplies - Brucella Abortus

The sampling of raw milk sold within the area for Brucella Abortus and antibiotics is done in conjunction with the sampling of the Aberaeron Rural District Council.

Brucella Abortus - Not Isolated
Antibiotics - No Trace

INSPECTION AND SUPERVISION OF FOOD PREMISES

Number of inspections of meat shops and vans	20
Number of inspections of restaurants and public houses	60
Number of inspections of premises where ice-cream is sold	30
Number of inspections of dairies	Nil

The standard of food premises within the area, in general, remains high and regular inspections are made to ensure that these standards are maintained, but a note of caution must be given as the increase in popularity of the resort is beginning to stretch some food premises above the limits for which they were originally intended. These premises are still being induced to expand their preparation and storage facilities in order that they are able to operate within safe Public Health limits.

UN SOUND FOOD

During the year no unsound foodstuffs were voluntarily surrendered for condemnation by the Local Authority.

SLAUGHTER OF ANIMALS ACT 1933

Licenses issued to slaughtermen Nil

There are no slaughterhouses in the district.

FOOD POISONING

There was no notified case of food poisoning during the year.

/FACTORIES ACT 1937 AND 1948.....

FACTORIES ACT 1937 AND 1948

Inspection during the year

Premises	Number on Register	Number of		
		Inspections	Written Notices	Occupiers Prosecuted
1. Factories in which Section 1, 2, 3, 4 & 6 are to be enforced by the Local Authority	3	7	-	-
2. Factories not in- cluded in (1) above in which Section 7 is en- forced by the Local Authority	4	10	-	-
3. Other premises in which Section 7 is enforced by the Local Authority (excluding out-workers premises)	-	-	-	-
TOTAL	7	17	-	-

/OFFICES, SHOPS AND RAILWAY PREMISES ACT 1963

OFFICES, SHOPS AND RAILWAY PREMISES ACT 1963

One new premises was registered during the year, and the totals are now as follows:-

Offices	3
Retail shops, warehouses	5
Catering establishments open to the public	7
	<hr/>
Total	15

The number of inspections during the year 29

I should like to thank the Members of the Council and the staff for their assistance and co-operation during the year.

MANSEL HUGHES

PUBLIC HEALTH INSPECTOR

Public Health Department,
Pier Buildings,
NEW QUAY,
Cardiganshire.

